

TAKE THE FIRST STEP

Managing the stress of military life can affect the toughest warrior and you don't have to go it alone. Keeping your mind and body fit can lead to a happier and healthier life.



TALK WITH SOMEONE IN PERSON

THE MILITARY HEALTH SYSTEM HAS **600+ CLINICS** TO PROVIDE CARE TO SERVICE MEMBERS

REACH OUT TO SOMEONE AT A MILITARY TREATMENT FACILITY

- Primary Care Manager
- Internal Behavioral Health Consultant
- Recovery Coordination Program
- Department of Behavioral Health
- Mental Health Clinic
- Alcohol and Substance Abuse Program
- Family Advocacy Program

CONNECT AT AN INSTALLATION


- Chaplains
- Military Family Life Counselors
- Family Readiness System

TALK WITH

- Family
- Friends
- Peers
- Leadership

GET 24/7 ASSISTANCE

 **CALL/TEXT/CHAT** if you or someone you know is in a crisis at **800-273-8255**, press 1, text **838255** or **militarycrisisline.net/chat**

 **CALL** the TRICARE Nurse Advice Line for health advice and to help you find a doctor at **800-874-2273**, press 1

71%

of service members report that they seek emotional support from family and friends*



THE DCoE OUTREACH CENTER IS AVAILABLE

24/7

BY PHONE, EMAIL AND LIVE CHAT

Call/chat with a health resource consultant **866-966-1020** or **realwarriors.net/livechat**



THE TOP STRESSORS

RELATED TO THE MILITARY LIFESTYLE ARE DEPLOYMENT OR SEPARATION, FINANCIAL, EMPLOYMENT OR WORK, AND ISOLATION FROM FAMILY*



30%

OF SERVICE MEMBERS FEEL STRESSED MOST OR ALL OF THE TIME*

* SOURCE: BLUE STAR FAMILIES

LEARN MORE ONLINE

REAL WARRIORS CAMPAIGN
realwarriors.net

AFTERDEPLOYMENT
afterdeployment.dcoe.mil

MISSION READY APPS
t2health.dcoe.mil/mobile-apps

INTRANSITION
intransition.dcoe.mil



Seeking care early can decrease your likelihood of developing a more serious psychological health concern, and can lead to positive outcomes